

West TV PTC Monthly Newsletter

February 2018



Greetings

Natalie Bodenhamer, WTV parent

Our family has been working on the art of self-talk lately. Because while our kids are only five and six years old, the internal dialogue has already begun. We all talk to ourselves, don't we? Whether it's a pep talk before an interview or humorous internal chitchat while in line at the grocery store, we constantly find ourselves engaged in self-talk.

One of my favorite self-talkers is Bob Wiley (Bill Murray) in the film, *What About Bob*. "Baby steps, get on the elevator. Baby steps, get on the bus. I feel good, I feel great, I feel wonderful!" The lovable schizophrenic talked himself all the way to the mast of a sailboat!

Self-talk is powerful. That's what I want my kids to understand – whether it's starting a new sport or entering a tough situation, their internal voice has a role to play in their success. In order to help our kids harness their internal voice, we have to examine our own.

Our thoughts fall on a spectrum – from honoring to destructive. The voice we hear can be a source of motivation and strength or, in darker times (i.e. Monday morning), drive us to hopelessness and despair. There are times when I need to hear, "Go get 'em, Girl", but instead get, "Never gonna happen, Sister". Our internal dialogues are not always positive. At times, they're down right hopeless and mean.

So, how do we shape this powerful and constant influence? First, we own the opportunity to direct our internal talk. Next, we pay attention. In the midst of wrangling kids, juggling a career and trying to be a good citizen, we often neglect to listen to our own thoughts. (Leaving self-talk the perfect opportunity to go rogue.) Only after listening carefully can we cultivate a meaningful internal dialogue. But how?

- Call the bluff. Some of the messages we send ourselves simply aren't true. Some are destructive. So, we must either validate or call "BS!"
- Stop the comparison. When confronted with negative messages, we start by asking, "Is this thought related to my own or someone else's comparison of me to some ideal?" If so, our red flags fly high.
- Request back-up. Assessing our own thoughts can be confusing, to say the least. It's amazing what one conversation with a loved one can do to provide perspective and help us reframe our thoughts.
- Put it in writing. If there's something we need to remind ourselves of on a regular basis, we write it down and stick it in plain view (bathroom mirror, dashboard, fridge). During a particularly tough time I had the words, "Remember, you like a challenge!" on my bathroom mirror. It helped to reframe my approach.
- Get moving. Moving the body triggers movement in the mind as well. We may become more aware of thoughts, feelings and sensations if we take a walk or change our scenery.
- Be kind to ourselves. Choose a glass-half-full perspective when talking to yourself.

Only after we work on our own self-talk can we help our kids shape theirs. And as we do, let's remember that their positive internal conversation starts with us. Our relationship is the source of truth, love and support that will remind them of their value and purpose.

Spotlight: Art Literacy

Coordinators, Sharon Papadopoulos and Lindsey Haglund

My name is Sharon Papadopoulos and I am a co-coordinator for the Art Literacy Program at West TV along with Lindsey Haglund. My commitment to Art Lit started on the day of kindergarten round-up for my son who is now a sixth grader. I remember sitting in the library, listening to Principal McNamee speak about the curriculum, and she uttered the words "since there is no art teacher here at WTV, we have a volunteer-based art literacy program." My heart sank. To hear that my children and all who attended WTV would not have a weekly art class was very sad to me. But the good news was that there was an art program in place for which I could volunteer...the Beaverton Art Literacy Program. It is truly an amazing program and I have yet to encounter a class that is not excited to see the art cart roll through the door!

Hi, my name is Lindsey Haglund, and I am a co-coordinator for the Art Literacy program at West TV. It is such a privilege to work with Sharon Papadopoulos, and contribute to our school in this role. Our goal has been to continue the amazing work of past coordinators, and develop a mindful curriculum that teaches art elements and artist history to our kids through creative expression and conceptualization. Personally, I have always had a special affinity to art. Throughout my life, and during college, I spent countless hours in the studio, and studying art history before pursuing a degree in organizational development. The Art Literacy program allows me to couple my love for art with work that serves our kids and community. This program is implemented entirely by volunteers, and has been since its origination in the 1970s. We hope to continue to promote, engage, and inspire our kids to be themselves, and to create!

Speaking of art, the art auction is almost here and the pieces of art that were created this year are spectacular! If you haven't seen them yet, take a minute to stop by the office and check them out...you will be amazed at the talent of our volunteers and students! We would like to thank all the volunteers who took time out of their already busy schedules to create these beautiful masterpieces! And a big shout out to all those involved in the planning of the art auction...your efforts are greatly appreciated!

HOW DOES THE PROGRAM WORK?

The program is run by the Beaverton School District. They provide all the training materials, images and lessons for each artist that the volunteers then present to the classrooms. Each school has 6 art lessons per year which are comprised of the art history portion, i.e. learning about the artist and their works, a lesson online, form, shape, value, space, along with creating a piece of art that encompasses the lesson being taught. The lesson is typically taught in the classroom by 2 to 3 volunteers. Each volunteer can expect to commit 3-5 hours per lesson broken down as follows:

- 1 hour for the training, held on the first Wednesday of the month at 9AM in the cafeteria.
- 1 hour at home to read and prepare for the lesson.
- 1.5 to 2 hours to teach the lesson and clean up.

I think that the best part about volunteering for Art Lit is witnessing the joy that it brings to the children. They are truly excited to see us when we roll the art cart into the room. Every piece of art that comes home should have the artist info attached to the back so it is a great opportunity to discuss the lesson with your child.

Lindsey and I would like to take this opportunity to thank all of the Art Lit volunteers for their time, effort and commitment...you make the program a success!!

"Creativity takes courage" - Henri Matisse

Keep in Touch

We want you to feel welcome and informed about all WTV activities, so please follow our news on our **website** www.wtvptc.org and on Facebook at <https://www.facebook.com/wtv.ptc/> , get a quick reminder of upcoming events every Monday in your email inbox from our **Monday Minute**, attend our monthly **PTC meeting** (every 3rd Wednesday evening,) and get to know our organization more in-depth in this monthly **newsletter** sent via email. Cheers!

If you have any content suggestions for upcoming newsletters, please contact Jami Keene, PTC Secretary, at jamikeene@hotmail.com.